



# Year 8 PE Spring Knowledge Organiser

During the spring term, students will understand the **importance of a warm up**, develop knowledge of **good leadership**, and learn to perform more **advanced skills** in a variety of sports.

## Head



### Explain & Understand

Completing a warm-up is an important first step for any physical activity. It consists of:

1. Pulse Raiser – something to gradually increase the heart rate and blood flow.
2. Stretching – some dynamic stretches to increase the elasticity of the muscles.
3. Sport specific drill – something to practise the skills needed for the activity.

## Heart



### Leadership

Learning the skills to be a good leader is an important part of our PE curriculum.

Research the skills necessary to be a good leader, and how you might use them in PE lessons. Here are a couple of examples:

- Clear communication skills.
  - A good listener.

## Hands



### Advanced skills

Starting to perform more advanced skills during physical activity is key to students progressing practically.

Can you think of a skill, and then how you would make it more advanced? Here's an example:

- Dribbling in football → dribbling around a defender in football.

See if you can name 3 more in different sports you have done so far at school.